

Optimism & Resiliency Wisdom



Health Promotion Program
Navy Environmental Health Center

Perpetual optimism is a
force multiplier.

~ Colin Powell



No pessimist ever discovered
the secrets of the stars or
sailed to an uncharted land or
opened a new heaven to the
human spirit.

~ Helen Keller



I am not discouraged because
every wrong attempt discarded
is a another step forward.

~ Thomas Edison



Fall seven times,
stand up eight.

~ Japanese Proverb



Again I rise!

~ Maya Angelou



Go within every day and find the
inner strength so that the world
will not blow your candle out.

~ Katherine Dunham



He's a million rubber bands
in his resilience.

~ Senator Alan Simpson



Our greatest glory is not in
never failing, but in
rising every time we fall.

~ Confucius



Keep going. There is always a chance that you will stumble onto something terrific. I have never heard of anyone stumbling over anything while he was sitting down.

~ Charles Kettering



Optimists do not put off happiness
until they reach the finish line.
They enjoy pursuing their goals daily.

~ Dr. Michael Miller



Make the most of the best
and the least of the worst.

~ Dr. Gary Rosberg



Believe that you have it and you have it!

~ Latin Proverb

